


FARMINGTON GYMNASIUM GROUP FITNESS SCHEDULE




MORNING HOURS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
6am		BODY BLAST- BRENDA		BODY BLAST- BRENDA		
6:15am		YOGA- TIFFANY	HIGH FITNESS- EMILY	YOGA- TIFFANY		
8:00		SENIOR ZUMBA-CATHY				
9:00	HIGH FITNESS-MICHELLE	STEP- NIKKE	DANCE FITNESS- CATHY	ZUMBA-CATHY	HIGH FITNESS-MICHELLE	ZUMBA- NIKKE
10:00		YOGA- TIFFANY TONE & SCULPT-NIKKE		YOGA- TIFFANY		

EVENING HOURS

6:00		PILATES- GREG	BOOT CAMP- TAMRA			
6:30	ZUMBA- GREG					
7:00		BARRE- GREG	HIGH FITNESS- TAMRA	INSANITY LIVE- BRENDA		
8:00		YOGA - NATALIE	YOGA-NATALIE	ZUMBA- GREG		

	BODY BLAST (TONING AND HIIT)		MAT PILATES		
	HIT Interval training with the use of handheld weights, bands, jump ropes, medicine balls, steps and other equipment. Be ready for an entire body workout. Tone and tighten those muscles. This class is not for the faint at heart. Be prepared to work hard.		Is done on the floor using an exercise mat, which employs controlled breathing during body weight resisted movement to build core strength.		
			Dance Fitness		
TONE AND SCULPT					
Challenging body-sculpting class designed to increase strength and muscle tone					
Using weights, resistance bands and other equipment.			Fun, energetic dance classes w/ easy fitness moves to top radio hits. No dance exp. required		
BOOT CAMP					
Mind and body is what it's all about. Combination of strength, cardio, flexibility and balance. Different workout each week. This class is for everyone and everybody (bring your yoga mat)					
INSANITY LIVE		BARRE		ZUMBA	
Cardio conditioning that will completely transform your body. Modified for any fitness level.	A combination of pilates, toning and ballet. With the focus on lengthening the muscles		Latin and internt'l dance music w/ dance moves. Incorporates interval and resistance		
Endurance & Plyometrics					
Core Strength & Stability					
Coordination & Agility					





HIGH FITNESS

Old school aerobics is back with a new fitness experience. **High Fitness** combines simple, modern fitness techniques with the music you love. This is a high energy, crazy and fun workout. Cardio and toning all in one workout, 3 days a week.

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